



Weill Cornell Medicine

May Is National Physical Fitness and Sports Month



Celebrate by getting back into a regular fitness routine or starting one. Here's how to jump in.

Start slowly.

Even just a week off from exercising can reduce your strength. If you haven't been to the gym in a while, don't start exercising with the same intensity as before.



Don't forget to stretch.

Loosen up your muscles before and after hitting the gym or the park. It's one of the best ways to prevent injuries.

Aim for 150 minutes of moderate activity a week.

If that's too much, even five minutes of vigorous activity several times each day can improve your heart health.



Exercise at home.

Turn your garage or spare space into a mini gym with affordable equipment like a jump rope, hand weights or resistance bands.

Get your kids involved.

When exercise is a bike ride, hike or other family activity, you are all more likely to make it a habit and support one another.



Check your heart rate.

Fitness trackers and apps can help ensure your heart is beating the way it's supposed to. Between 60 and 100 beats per minute is the average resting heart rate for most adults. Your target heart rate is what you want to aim to maintain during exercise. Your provider can help you determine your heart rates to help you exercise as efficiently and safely as possible.

If you have trouble exercising, or you're concerned about starting an exercise routine, consult with a Weill Cornell Medicine provider today.



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